



AN AB DISCOVERY BOOK

From Humiliation To Love

BABY RYAN'S JOURNEY

RYAN ZINNA

NEW AB/DL AUTHOR

From Humiliation to Love
Baby Ryan's Story

From Humiliation To Love:

Baby Ryan's Journey

By Ryan Zinna

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From Humiliation to Love
Baby Ryan's Story

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Once upon a time...



There was a couple named Ryan and Veronica. Ryan worked as a very well-paid retail manager of a clothing company. He was very well-read, loved history, politics, Mafia history, and the history of the Renaissance. He was of average build, in good physical shape, and knew to exercise regularly. His girlfriend, Veronica, ran her own security company and was worth millions of dollars. Nevertheless, she loved Ryan. He loved work, had a good income, paid bills, and was a wonderful provider of a three-bedroom apartment.

However, there was no way Ryan could match Veronica in physical strength. Veronica's body figure was very muscular. Her arms, legs, breasts, were all muscle. She looked more like a prize fighter than a millionaire entrepreneur. Veronica had brown hair to her back, brown eyes, red lips, white teeth, and a white but almost brown Mediterranean complexion. Veronica's stomach was all abdominal muscle. While Ryan ran and exercised, Veronica practiced kickboxing, lifted weights, and ran long distances. They both enjoyed each other and enjoyed being with friends and at social gatherings.

Ryan and Veronica were happy together, but there was strife. For almost two weeks Ryan had been either unconsciously or deliberately wetting the bed. Sometimes, Ryan would uncontrollably wet his pants out in public and once while he was at work. As Ryan was working at his desk, he wet his pants just as he was going to the bathroom. He quickly cleaned up the mess, helped himself to a new pair of slacks, paid for them at the front desk, and

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resumed his work. His workers never saw anything although there was a scent of urine in the backroom that could not be found.

Ryan was close to his assistant manager, Catherine. Catherine was equal in strength to Ryan and almost as tall. Her physique was average, blond hair, blue eyes, but she preferred her hair only down to her neck. She was no stranger to hard physical labor. Catherine was also good friends with Veronica. Unfortunately for Ryan, she and the sales team saw Ryan wet his pants, and Ryan had to endure customers and his team laughing at him, which Catherine told Veronica about the incident.

One day, when Ryan was at work, and Veronica had a day off, Veronica was cleaning up the closet in the bedroom that belonged to herself and Ryan. She came across a small package of adult-sized diapers and dinosaur printed plastic pants, in a closet that housed Perry Ellis shirts, ties, slacks, shoes, and socks. Veronica went to the living room to process the scene. Ryan was on occasion deliberately and accidentally wetting the bed, his pants, and now had urges to act like a baby behind closed doors.

That was the last straw for Veronica. If Ryan wanted to act like a baby, he would be treated like one twenty-four hours a day, seven days a week. This meant diapers were to be worn day and night and used for their intended purpose, and an extremely strict baby routine would be enforced which included nap time and an early bedtime. Veronica would feed, cloth, bathe Ryan, and change his wet and messy diapers. He would no longer drink alcohol. He would be drinking apple juice, milk, and baby formula.

Veronica would put him on a reward chart system, which if he behaved according to her standards, he would be rewarded with either cookies, ice cream, cake, or a later bedtime, or at the most, a Walt Disney movie. His diet would consist of bananas, fruits, oat

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meals, and adult food would be given in small and conservative amounts.

The day was still early.

Veronica had a three-bedroom apartment of which one was the bedroom that she and Ryan shared, a second was Ryan's study and the third was a guest room. She decided to build a nursery, not for her thirty-five-year-old boyfriend but her baby of no more than three years. She researched a company that built nurseries for big babies on the computer. She also found a company that built nurseries run by a woman named Sarah.

Veronica invited Sarah over to the apartment to discuss the project over coffee. Sarah was in business attire, long sleeve white shirt, a buttoned grey skirt, and high heels. Veronica was in tight blue jeans, stilettos, and a blue buttoned long sleeve shirt. Their hair was properly groomed. Veronica basically told Sarah that she was out of patience with Ryan and was returning him to babyhood. As a result of the conversation, Veronica ordered an adult-sized crib, changing table, highchair, shelves to stack diapers, a dresser, and a playpen.

She also ordered onesies, pajamas, booties, bonnets, mittens, baby dresses, sneakers, with dinosaur designs, and Mary Jane shoes, to go with the dresses. Finally, she ordered diapers, mostly with baby patterns, baby wipes, baby oils, lotions, also shampoos, and baby powder. She also ordered bibs, T-Shirts with embarrassing slogans on them like 'Stinky Boy', 'Diaper Boy', 'Potty Training Dropout', plastic pants, huge assortments of baby foods, bananas, milk, juice, formula, oat meals, cereals, baby bowls, plates, silverware, baby bottles, sippy cups, pacifiers, and clips. All the merchandise were ordered for one-day shipping online. The construction of the nursery and the furniture for the nursery would be the responsibility of Sarah.

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During the conversation with she told Sarah, "I've had enough with Ryan's bedwetting and the constant peeing of his pants. I don't care who sees him as a baby, I really do not. I don't care if he gets embarrassed."

If Veronica and Ryan had anything in common, it was in voicing frustration, anger, and emotion. At that point in the conversation, Sarah interjected.

"Veronica, if I may, we are forgetting a small item,"

"Which is?"

Sarah answered, "Baby quilts. There are going to be cold nights, and you have to keep him warm."

Veronica's frustration and anger on her face turned to a smile. She realized that Ryan, although seemingly strong was gentle, and perhaps even *too* gentle. There would be a battle of wills. Sarah and Veronica kissed each other on the cheek and said farewell. The trap was set.

Later the day, Veronica received emails on her phone that everything was shipped and due to arrive the next day.

When Ryan came home, he saw his girlfriend on the couch reading a book calmly. Ryan had a suspicion that his diapers had been discovered. He went into the closet, and the diapers were not in the closet.

Veronica, stood against the doorway, with her arms crossed and asked, "Do you need help finding something?"

"No," Ryan replied.

"Is there something you want to tell me?"

He once again answered "No."

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That evening Ryan and Veronica cooked dinner together. The two of them cooked hand-made veal parmigiana and spaghetti. Ryan always had a ravenous appetite when he sat down to eat. He was very affectionate that night.

During the meal, Veronica suddenly said, "I want you to shave all your pubic hair."

"Why?" Ryan retorted.

"Because I said so, and you don't need it." Ryan never wanted to disappoint his girlfriend, so he complied. "I mean it," she added. "Arms, legs, chest, balls, everything! Understand?"

What astonished Ryan and to some extent frightened him was her directedness, assertiveness, and her demanding nature.

Ryan simply said, "Fine, okay." And then they decided to watch a movie together.

After the movie, Ryan and Veronica decided to go to bed. Before going to bed, Ryan took a shower a bath, and bathed himself. He took a razor and shaved every piece of hair on his body.

When Veronica saw Ryan come out of the shower, she said, "Good boy," and kissed him on the lips. Ryan fell fast asleep and Veronica quietly escaped and slept in the guest room. Before she left, she gently kissed him on the cheek, and said, "Good night baby. I hope you enjoyed your last night of adulthood."

The next day was Friday, which was Ryan's day off. The only thing to stop Veronica's agenda was if the bed was dry. Of course, she did not have to worry about a new mattress or a new bed set, since the mattress had a plastic cover. At 7:30 am in the morning, Veronica entered the main bedroom.

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"Ryan, Ryan, wake up, baby. Did you wet the bed again?"
Veronica lifted the blankets and discovered the whole bed was soaked.

Wordlessly, Ryan stepped into the shower, and Veronica took care of the wet sheets.

When he came out of the shower, he saw Veronica and her beautiful but muscular body, long brown hair, staring at him, with brown eyes and she said to her former boyfriend... now baby, "Okay lie down, let's get you diapered, and ready for the day."

Ryan became very defiant and said, "No," and Veronica responded belligerently and forcefully. "Come here, it is time to put on your diaper!"

Again, he responded, "No!"

After Ryan refused to comply for a second time, Veronica simply and calmly, grabbed Ryan by the forearm, butt naked out of the shower, brought him over her knee, brought her leg over to cover Ryan's legs to prevent him from kicking, and together with her right arm, she secured his upper body and with her left hand began hitting him on the butt, relentlessly and with tremendous force.

Ryan yelled, "Ow, Ow, let me go, let me go!"

Veronica continued to spank him. "No, I won't."

While Ryan was astonished at Veronica's strength, she was astonished at how quickly he was crumbling before her will. Ryan yelled out in pain, "You're such a bitch!"

Veronica angrily stopped and exclaimed, "What did you call me? I'm a bitch? Okay!"

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She reached for her hairbrush and continued to spank him. By now, Ryan was crying. She yelled at Ryan, "I'll stop when you say sorry. Say sorry, mommy!"

Ryan eventually complied with her demand.

Veronica finally let her submissive boyfriend up, wiped away the tears on his face, and gently but firmly told him, "You don't talk to me like that. Ever!"

Ryan laid down on the bed, and Veronica took baby wipes and wiped him down, applied diaper rash cream to soothe the pink butt, added powder, and wrapped him in a diaper. Finally, she put plastic pants on him that had dinosaur prints. She took him into the living room, by the hand, to the living room where she sat him down on the couch and took him into her arms to explain the new regime.

"Ryan, I'm sick and tired of cleaning wet sheets. You wet your pants at work, you act like a baby, and you're going to be *treated* as a baby. Diapers are to be worn 24/7 and used for their intended purposes, I'll feed you, bathe you, change you when you're wet or messy, and I'm also putting you on a reward chart. If you behave, you will get a cookie, ice cream, treats, or a movie. If you misbehave or question me, I will spank you, and put you in Time Out for forty-five minutes."

Ryan could not believe what he was hearing.

He knew that he had infantile urges, and although he knew he had bedwetting issues, he did not think the situation had worsened to this degree. He was a man of authority, a manager, educated, always dressed elegantly, but was now reduced to the status of a three-year-old toddler.

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"Now go stand in the corner, you're in Time Out," Veronica
said.

The Baby Begins



At 8:30 am, thirty minutes into Ryan's punishment, there was a knock on the door. Sarah and her construction crew had arrived. Veronica embraced and kissed Sarah on the cheek and greeted her.

Seeing Ryan in Time Out Sarah said, "Someone did not take his new baby lifestyle very well huh?"

Veronica responded, "I had to spank him and put him in Time Out. I did not have time to feed him, so I'm going to mash up a couple of bananas for him, plus he had his last adult meal last night. I have some errands to run, and he needs some air."

Veronica packed a bag of diapers, wipes, powder, cream, finished mashing up a banana, grabbed Ryan by the hand, said goodbye to Sarah, and proceeded on her way to the car.

"Mommy, I can't go out like this," Ryan complained. Ryan was just in a diaper, plastic pants, T-Shirt, and shoes. "Well babies, don't have to wear pants," replied Veronica.

The construction crew just burst out laughing and poked fun at him.

Veronica put Ryan in the back seat and buckled him in with the seatbelt. Ryan had a confrontational look and stance and was determined to hold his pride. Veronica just smiled, ignored him, and told him that they were going to the playground so he could play. On the way, Veronica handed Ryan a bottle of water which she told him to drink with two hands, and he meekly complied.

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"You know, Ryan, it doesn't have to be as hard as you're making it. I think you'll enjoy being my baby."

"Don't you think this is too much?" Ryan asked.

"Well maybe if you stopped wetting the bed and stopped wetting your pants, you wouldn't be here in this situation, would you?" said Veronica. "I found your diapers. You brought this upon yourself."

"You know I have to go to work on Monday right, so whatever plan you have for me is not going to work," Ryan replied.

Veronica simply responded with a small mischievous smile.

Just before they arrived at the playground, Ryan peed in his diaper.

Oh no! That won't help!

Veronica pulled in a parking spot, got out, and unbuckled her baby. She checked the back of Ryan's diaper as well as the front and discovered Ryan had wet his diaper.

"Alright lie down, you're getting a change," Veronica ordered.

"Mommy what about a bathroom?"

"No, babies do not get privacy."

Ryan began to fight back in a tantrum, kicking his legs and tears began to start welling in his eyes. As Ryan struggled, his mommy just struck him on the butt to make him stop a few times. Once again, Ryan surrendered to his mommy's will, as pedestrians just watched in awe and laughter as he was being put into a fresh diaper. Veronica wiped him down, put oil and powder on him, and taped up a fresh diaper, and put his plastic pants back on.

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She took Ryan to the sandbox to play, but the only thing that agitated her was she did not have a pacifier on hand or a plushie to silence him. Veronica put the wet diaper in the garbage bin and sat on the bench to begin some work. Ryan resumed his poutiness, arms crossed, but to no avail. He eventually started to play in the sandbox building a sandcastle and getting dirty while Veronica just sat and enjoyed him playing.

The first thing she felt she had to do was research a daycare center for her baby, and the second thing she had to do was call Catherine at Ryan's retail company and tell them that he was not working there anymore. Luckily, Veronica found a daycare center that cared for adult men and women whose partners had bedwetting, pants wetting issues, and regressive behavior issues. Veronica called the Day Care Center which was near the college where Ryan graduated.

A woman named Bethany answered the call. When Veronica said that she wanted to enroll her baby into their Day Care, Bethany had no problem and told her to come in at the earliest convenience to talk about what was to be offered in terms of services.

Veronica then called Ryan's boss, Catherine.

"Hello," answered Catherine.

"Yeah hi, Cath. It's me, Veronica."

"Oh hi, Veronica. How are you doing? What's up?"

"Yeah, Ryan is quitting, he's done and I'm putting him in Day Care," Veronica answered.

"Day Care? Day Care is for babies," responded Catherine in a curious voice.

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"I know it is, but on top of the bedwetting issues and pants wetting issues, he's done and I'm done. I've put my so-called boyfriend on a baby routine," she explained.

Catherine burst out laughing in both awe and disbelief. Veronica asked Catherine how she fancied babysitting.

"Fine, put me down for whatever you want. He always saw me as an aunt figure or something anyway."

The two women continued to chat amiably for several more minutes.



"Ryan, come here baby," Veronica tenderly beckoned. "Hungry? I have a banana for you."

Ryan was a little hungry and thirsty, so he complied willingly. Veronica checked his diaper and sure enough, it was wet once more. Veronica took out a spoon and began to feed her rapidly regressing baby.

"After this, you're getting a change," she said, as she very gently fed Ryan and making sure he got it all in his mouth.

Veronica handed the spoon to Ryan who literally gripped it like a baby

Veronica was smiling, but then Ryan surprised his Mommy, by taking the contents of the "Na, Na," as he called it with his hands and getting it all over his hands and face.

"Ryan, what are you doing silly," she asked.

Ryan replied in a baby tone, "Want thum?"

"No thanks!"

"Are you sure?" Ryan asked in a sticky baby voice.

When there was "Na Na," all over Ryan's hands he simply wiped it on his Mommy's black silk dress shirt.

" Oh, great!" she replied in exasperation.

Ryan then wiped some "Na Na" on his own T-Shirt.

"Ryan what am I going to say to the Day Care?"

"I dunno," Ryan replied in an infantile voice.

Veronica took Ryan's fingers and licked them clean of any banana and then took baby wipes to wipe them off.

"Now, time for a diaper change," Veronica stated.

As Ryan was being wiped down, oiled, and powdered, there was a couple who walked over and giggled, laughed and poked fun at the scene. Veronica explained to the couple that her boyfriend was now a baby.

Veronica asked, "Oh yeah, can you just throw this wet diaper into the trash for me? Be a big help?"

The couple took the wet diaper and threw it into the garbage bin. Ryan just laid there in a messy T-Shirt, trying to avoid eye contact with anything and anyone, and sucked his thumb in defense. He was changed into a new diaper and his plastic pants were brought back up and he finished a bottle of water that Mommy gave to him.

Veronica tried hard to clean up her shirt that Ryan had messed but to no avail. It was a hot summer day, and Veronica had on sunglasses. After Mommy finished changing Ryan's diaper, she saw him run off to the playground, and she ran after him. She took

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off his shirt, for it was dirty. For the rest of the day, Ryan would just be in a diaper and plastic pants.

At one stage, Veronica beckoned to Ryan, "Be careful on the slide baby."

Ryan seemed to be happy as his mommy held his hand while going down the slide. Veronica was also taking delight in the spectacle. Ryan seemed really happy, cooperative, and his will to combat Mommy was waning heavily. Veronica checked her watch, and the time was almost twelve o'clock.

"I've got to put him down for a nap soon," she said to herself. "Baby come here, let's take a break," Veronica shouted.

"One more, mommy!"

"No, now!" she replied, speaking to her boyfriend as a toddler.

"Come here, lie down on my lap. It's time for a feed," Veronica said as she unbuttoned her shirt and loosened her bra, and ushered Ryan to her breast.

"Noooo, I don't want to," Ryan said, in a whiny almost crying voice, and once again, he tried to escape but to no avail, as Mommy Veronica simply positioned her arm around the back of his neck, and used her hand to guide his mouth to her breast.

"Shhhh, Shhhh, there see, isn't that nice?" Veronica cooed.

Ryan nodded.

"How's your diaper? You're not wet again, are you?" Ryan simply shook his head while nursing on his Mommy's breast. When pedestrians walked by to laugh or poke fun, Veronica simply looked at them back sharply, assertively, and took her pointer finger to her mouth to command silence.

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"Full?" Veronica asked and Ryan simply nodded. "Come on baby, take the other boobie," She guided him to her other nipple, and he began to suckle.

When Ryan was done, he was burped, sitting away from her. Ryan simply fell back into Mommy Veronica's arms and fell asleep. For almost two hours, Ryan slept. Mommy Veronica checked her phone, watched videos, read the news, enjoyed the scenery, but at 1:30 pm, she realized they had to go. She wanted to enroll Ryan into the Day Care Center which was about an hour away.

In the car, Veronica told Ryan, "I have some good news and some bad news. If you're good, I'll take you shopping to get some toys that you would like, but the bad news is you're not a retail manager anymore. You will be my baby permanently."

Tears began to well in his eyes, crying to himself. Once a manager of a great enterprise, he now found himself losing his stature, but nonetheless, still wanted to fight back at Mommy.

Day Care



Ryan looked on in shock and horror as the Day Care Center was outside the college he attended. He was now going to be seen in just a diaper, plastic pants, and sneakers. Mommy Veronica got out of the car, unbuckled her baby, and took Ryan by the hand toward the Day Care. Ryan began to notice everyone staring at him and became resistant. Veronica demanded Ryan follow her, and again, he resisted.

“Alright, that’s it, over my knee!” Veronica exclaimed.

She found a bench to sit and Ryan began to wail.

“Please don’t spank me, please don’t spank me!”

Veronica secured Ryan in a tight position, pulled down his diaper, and began to spank him hard.

“Are you going to be good for Mommy?”

“No!” Ryan responded defiantly, and Veronica continued to swat him even harder causing him to cry louder.

“If you come with Mommy, I will take you shopping for a toy.” Ryan quickly realized once again that his will was too weak against his new mommy and he complied.

They entered the Day Care with Veronica holding her baby by the hand. There she was greeted by the secretary.

“Veronica and Baby Ryan here to see Bethany. We spoke on the phone,” Veronica stated.

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"Oh yes," the secretary responded." This must be the handsome Prince Ryan."

Ryan was six feet tall but he felt small when Bethany and a nurse wearing a light blue and thin sweater, jeans, and nursing shoes, came out to see them.

"Hi, I'm Bethany, we spoke on the phone," Bethany said.

"And I'm Jennifer," the nurse added.

Jennifer looked at Ryan in just a diaper, and sneakers, his head avoiding eye contact, and his thumb in mouth.

"You know, let me take care of him," Jennifer interjected. "Would he like a snack?"

"Please, would you Jennifer?" Veronica replied.

"No problem! Come on, buddy," Jennifer replied.

Sher took Ryan to the kitchen, locked him in an adult-sized highchair, poured milk into a ba-ba, took some apple sauce from a fridge, poured the contents into a bowl, and began feeding him.

"RRRRR... here comes the airplane, and UMMM... very good, very good," Jennifer said as she was feeding him. Ryan made several attempts to play in the apple sauce, to which the nurse said," No, No, we don't play with our food. Come on, you know." She tried to get Ryan's hands out of reach of the food.

Jennifer decided to engage Ryan in conversation to see what he liked. Ryan exclaimed that he liked fighter planes and adventure.

"That's cool Ryan," Jennifer replied. "Are you excited to come and be with us?"

"No, I'm not a..." and just and just as Ryan was about to finish, his bowels began to contract dramatically.